

SCHOOL LUNCH

Grain

Pita pockets
Mini bagels
Wraps
Tortilla's

Bread
Dinner rolls
Panini Bread
Hoagie roll

English muffin
Cereal
Muffins
Rice

Quinoa
Pasta
French Bread

Protein

Egg
Peanut Butter
Seeds
Lunch Meat

Leftover Meat
Hummus
Beans
Tuna

Almonds
Pistachios
Cashews
Sesame Seeds

Tofu
Trail Mix
Edamame

Vegetable

Carrots
Celery
Cucumbers
Olives

Olives
Peppers
Beans
Peas

Sprouts
Salsa
Broccoli
Cauliflower

Lettuce
Spinach
Squash
Cabbage

Fruit

Apple
Orange
Banana
Pear

Fruit Leather
Dried Fruit
Applesauce
Fruit Juice

Grapes
Berries
Mango
Peaches

Melon Balls
Apricots
All Fruit Jam